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## Celebrity Buzz

**Jagger makes 'em laugh**
pg 22

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## Vancouver Games

**Countdown to 2010**

Today
- **Homeless advocates claim they're already being impacted by Games, pg 6**

Coming up this week
- **Wednesday — Views of Canadians on the streets**
- **Thursday — One-year countdown at Whistler**
- **Friday — Unveiling the Olympic torch**

## Valentine's Day

**Matters of the heart**

Your Money
- **Spend time, not money, pg 13**

Health & Beauty
- **Josey Vogels explores the unrealistic expectations of rom-com love, pg 18**
- **Got love? Your heart will thank you, pg 18**

Coming up this week
- **Wednesday — Georgie Binks take on relationships, the most romantic getaways in Canada and why movies are such a popular date-night choice**
- **Thursday — Recipes for a cosy night in**
- **Friday — Alan Cross and being careful with love songs**

Please recycle

## Pumped **Raising the curtain on Games**

JEFF HODSON/METRO VANCOUVER

A man jogs past a curtain of water being sprayed in Yaletown's David Lam Park as a test for the 2010 Olympics. During the Games, water will be sprayed nightly and highlighted with lasers and coloured lights. The park is one of the city's two "live sites." **Story, pg 4.**

# Two 'just walking home'

## Hit-and-run deaths of engaged pair 'an unspeakable tragedy'

KRISTEN THOMPSON
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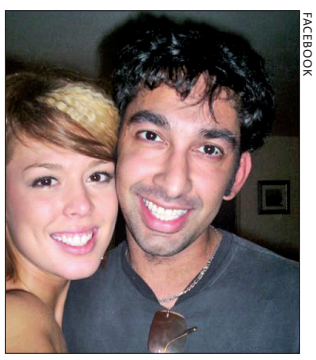
**The victims of a fatal hit-and-run near Granville Island were a 31-year-old Vancouver doctor and his 25-year-old fiancée.**

Aneez Mohamed, a cardiology resident at St. Paul's and Vancouver General hospitals, and Chanelle Morgan were killed while crossing 4th Avenue on Saturday night.

Vancouver police Const. Jana McGuinness said their families have asked they be allowed space to grieve privately.



FACEBOOK

Chanelle Morgan and Aneez Mohamed in a Facebook photo.

"It's an unspeakable tragedy," McGuinness said. "Two young lives (lost), and they weren't doing anything wrong. They were just walking home."

Morgan, who was originally from London, Ont., and studied women's and gender studies at the University of British Columbia, was a painter and described herself as a foodie who loved art, feminism and photography on her Facebook page.

An 18-year-old man is facing charges of dangerous and impaired driving causing death in the accident.

Metro Vancouver has learned the teenager is Kurtis Rock, who will also be charged with failing to remain at the scene of an accident after the two pedestrians were hit on Saturday night.

Police allege the suspect fled on foot and was eventually caught by a police dog while trying to jump into False Creek.

"It's really shaken the community and it's even shaken some seasoned officers," McGuinness said yesterday.

"This young man will live with this for the rest of his life. He made very poor choices that night."

**ShareYourViews**
vancouverletters@metronews.ca

# 6th shooting in week sends man to hospital

KRISTEN THOMPSON
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**KITSILANO** The recent rash of gang violence in the Lower Mainland has continued to escalate with the shooting of a man — the sixth in a week — outside a Kitsilano supermarket.

The 28-year-old victim, who is expected to recover, was rushed to hospital after being found shot behind the IGA near Broadway and Arbutus Street late Sunday night.

Vancouver Police Const. Jana McGuinness said yesterday the man is in stable condition and is being uncooperative with police.

"It has the earmarks of a gang shooting," she said.

McGuinness said police are "very concerned" with the recent spate of targeted shootings. Four of the six men shot in the past week were killed.

"There is a sense of urgency to get to the bottom of these crimes and get people behind bars," she said, adding that police agencies around the region are working together to determine if any of the shootings are related.

Const. Shinder Kirk with the B.C. Integrated Gang Task Force told Metro that investigations into gang violence are more complex and lengthy than other investigations into violent crime.

"Very little physical evidence exists at crime scenes and witnesses are less likely to co-operate with police because of loyalty (or) intimidation."

"We're going to where (gangsters) live, party and work out. Not all (the work) is visible to the public," he said, adding that even without arrests, police are making headway in dealing with gang violence.

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**Locally created roofing system bound for Shanghai**
A B.C.-designed wood roofing system will used as part of a plan to renovate 10,000 apartment buildings in Shanghai. The deal will provide local wood producers with access to an untapped new market, B.C. Forests and Range Minister Pat Bell said yesterday. METRO VANCOUVER

# Local

## City housing tough on wallets

**Vancouver is fourth on a list of the world's most "severely unaffordable" cities. According to the fifth annual Demographia International Housing Affordability Survey, Australia's Sunshine Coast came in first, Honolulu, Hawaii, in second and Australia's Gold Coast in third. All of Canada's "severely unaffordable" housing markets are in B.C.** METRO VANCOUVER

## News in brief

**CRASH** An 84-year-old man is in hospital with serious injuries after colliding with an unmarked police car in South Vancouver. Police said it appears the cruiser, which had the right of way, was T-boned by the elderly man. The officers were unharmed.

**DEATH** Police in Nanaimo are investigating the death of a 10-month-old boy who was found unconscious in a car seat at home. A one-year-old girl in the home was put into the custody of the Ministry of Children and Families on Sunday.

METRO VANCOUVER

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WHAT'S ONLINE TODAY

**Video** Rising costs and vocal protests dull optimism for Vancouver Olympics at **metronews.ca/canada**

**Your Money** Allan Small weighs the pros and cons of RRSPs versus Tax Free Savings Accounts at **metronews.ca/investing**

# Police assault trial moved

## Officers charged in off-duty assault to appear in court Feb. 27

JEFF HODSON
jeff.hodson@metronews.ca

**Lawyers for two Lower Mainland police officers charged with assault and robbery of a newspaper delivery man appeared in provincial court in Vancouver yesterday.**

The case against New Westminster Const. Jeffrey Klassen and West Vancouver Const. Griffin Gillen was put over until Feb. 27.

Crown lawyer Ralph Keefer said Vancouver police investigators are doing "a thorough job" and expects to have "full disclosure from them by the end of the week."

The officers are charged with assaulting delivery man Firoz Khan, 47, outside the Hyatt Regency on Burrard Street at 2:30 a.m. on Jan. 21. The two officers were off duty at the time of the alleged incident.

In the days following, Khan told reporters he had been robbed of $200 and his cellphone in the incident and that his attackers yelled racial slurs at him.

Gillen has been charged with robbery and Klassen has been charged with assault. Vancouver police also recommended a charge of possession of stolen property against Klassen, but the charge was not approved. A member of the Delta police was also arrested, but no charges were recommended against him.

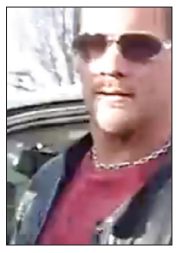
JENNIFER GAUTHIER / FOR METRO VANCOUVER

Crown lawyer Ralph Keefer speaks to reporters outside a Vancouver courthouse yesterday.

## Victoria police investigating Jericho incident

**WRESTLING** Victoria police announced yesterday that officers will continue to investigate an incident in which WWE wrestler Chris Jericho allegedly punched a female fan.

The altercation was videotaped and posted on YouTube.


Chris Jericho

In the video, Jericho is seen surrounded by dozens of hecklers as he leaves the Save-on Foods Memorial Centre on Saturday at about 3 p.m.

He responds with a profanity-laced tirade and appears to strike a female fan — although the footage is not clear.

Two people were arrested shortly after the incident and released. Police said Jericho was not one of those people.

METRO VANCOUVER

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**VANOC has most city hotels booked before Games**

The majority of hotels in downtown Vancouver are fully booked ahead of the 2010 Olympics — not by tourists planning to attend the Games, but by Vancouver's Olympic organizing committee. VANOC has booked 21,000 of the 23,000 available hotel rooms indefinitely in order to meet its contractual obligations. CBC.CA/BC

## News in brief

**ASSAULT** Police say they've arrested a 19-year-old Maple Ridge man for the assault of two teens at a skate park that left one with brain injuries. Stefan Lovel Holowaychuk has been released until his trial.

**THEFT** A 29-year-old man was arrested after allegedly stripping a stolen pickup truck in a field. He appeared in court yesterday. METRO VANCOUVER

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# Park 'pumped' for 2010

VANCOUVER 2010 Games

**A wall of water greeted joggers and cyclists in Yaletown's David Lam Park yesterday as the city showed how "pumped" it is for the Winter Olympics.**

At just after 11:30 a.m., city engineers fired up a massive saltwater fire pump, spraying water 50 metres over False Creek.

The wall of water, jazzed up with lasers, coloured lights and projected images, will be a common sight during the Games, said Dave Rudberg, Vancouver's general manager of Olympics operations.

"It's a way to create memories about the Games," said Rudberg. "It's one of those images that will last in peoples' minds for residents and visitors alike long after the Games are over."

David Lam Park is one of the city's two free "live sites." During the Games it will feature live entertainment and screens with broadcasts of Olympic events. JEFF HODSON/ METRO VANCOUVER

## Legislature proposes two years of deficits

**BUDGET** The B.C. legislature reconvened yesterday to amend provincial legislation allowing the Liberal government to present a deficit budget next week.

"British Columbia is feeling the impact of global economic forces beyond our control," Finance Minister Colin Hansen said.

"We have seen an unprecedented drop in provincial revenues. The proposed changes will allow us to make responsible choices today to build for a stronger future."

The proposed changes to the Balanced Budget and Ministerial Accountability Act will allow for deficit budgets for two years and require a balanced budget in 2011-12.

The provincial budget will be tabled on Feb. 17 and is expected to include major government spending. METRO VANCOUVER

## B.C. judges tough on crime, study shows

**COURTS** Criminals don't have an easy ride in British Columbia. In fact, they spend roughly as much time in jail as convicts elsewhere in Canada, a report released yesterday says.

Wally Oppal, B.C.'s attorney general, commissioned the study prepared by two Ontario criminologists. The report showed jail sentences in B.C. are comparable to those handed out in other provinces.

B.C. is second only to P.E.I. in handing out jail terms, with 36 per cent of crimes resulting in prison time, according to Concern with Leniency: An Examination of Sentencing Patterns in British Columbia. METRO VANCOUVER

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**Man charged with assisting a suicide**

Police in Thunder Bay, Ont., are appealing for help in locating the friends and relatives of a 38-year-old Waterloo, Ont., woman who died last week in an alleged suicide assisted by her husband. Peter Fonteece, 46, has been charged with criminal negligence causing death and assisting a suicide. **CBC NEWS ONLINE**

# Canada

## MacKay backs NATO drug raids

**The hunt for Afghans who use drug profits to help fund the Taliban is a "legitimate exercise" for Canadian soldiers, Defence Minister Peter MacKay, left, said yesterday. But while Canada stands behind the NATO policy to target drug producers and traffickers linked to the insurgency, the country's 2,800 Kandahar-based soldiers are unlikely to take part in drug raids any time soon, MacKay said.** TORSTAR NEWS SERVICE

# Cleaning up for the Games?

ANDREA WOO
for Metro Vancouver

VANCOUVER
2010 **Games**

**With Vancouver's turn on the world stage rapidly approaching, the city is cracking down on street disorder offences — a move some believe is intended to minimize the presence of the homeless in 2010.**

According to the Vancouver Police Department's 2008 annual business plan report-back, officers issued 467 tickets for violations of the Safe Streets Act last year, up from 202 in 2007.

They also issued 133 tickets for violations of the Trespass Act, up from 95 in 2007. Officers ticketed 439 people for panhandling, loitering and unlicensed street vending last year, up from 247 in 2007.

"It's been shown that (the Safe Streets and Trespass acts) disproportionately affect poor people," said Harsha Walia, project co-ordinator at the Downtown Eastside Women's Shelter. "For example, while jaywalking is something those acts prohibit, the only place it's enforced on a large scale is the Downtown Eastside."

David Eby, acting executive director of the B.C. Civil Liberties Association, explains that, in court, repeat offenders are typically given "no-go" orders, forbidding them from returning to the area where the offences were committed.

"It's an effort to move people out of the Downtown Eastside, in my opinion," said Eby.

The VPD, however, says such crackdowns are simply part of a larger goal to improve liveability by combating activities that contribute to urban decay.

"What we're doing is ... increasing our visibility in the Downtown Eastside," said spokeswoman Const. Jana McGuinness. "Everything we're doing now, we'll be doing well after the Olympics as well. There's no big movement to sweep the city."

McGuinness attributes a disproportionately high number of tickets written in the Downtown Eastside to the area having a "24-7 lifestyle" and a near-constant presence of people committing violations such as jaywalking.

JENNIFER GAUTHIER/FOR METRO VANCOUVER

Two men sit by a doorway in the Downtown Eastside yesterday. The area is Canada's poorest postal code.

## Bus tickets, arrests for homeless at '96 Atlanta Games

**REPORT** In the lead-up to the 1996 Summer Games, Atlanta passed strict anti-loitering and panhandling laws that led to the arrests of more than 9,000 people from May 1995 to May 1996 — four times more than in preceding years, according to the New York Times.

Anita Beaty, co-director of the Atlanta Task Force on the Homeless, said the arrests were often for crimes such as being in a parking lot without a car or lying down on a public park bench.

According to the Atlanta Journal-Constitution, homeless people were also given free one-way bus tickets out of the city. ANDREA WOO/ FOR METRO VANCOUVER

TSX 60 / NYSE

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## Patients can't wait any longer.

**Ice storm ravages Manitoba**

Staff at Winnipeg hospitals were kept busy yesterday treating people who sustained injuries in falls because of icy conditions caused by one of the worst ice storms in recent memory. Freezing rain across southern Manitoba halted highway traffic, delayed air travel and caused spot power outages in the morning. **CBC NEWS ONLINE**

# Delegates decry flower trade

Valentine's**Day**

**Flowers from Colombia are grown in blood, according to a small delegation from that country asking Canadians to think twice about the origin of flowers they buy for Valentine's Day.**

CARLOS OSORIO/TORSTAR NEWS SERVICE

Colombian human-rights activists Maria del Carmen Sanchez Burgos, from left, Yolanda Becerra Vega, German Casam Gindram and Brother Omar Fernandez Obregon sit down with Torstar News Service reporter Linda Deibel to discuss how the new Canadian-Colombian Free Trade Agreement destroys small farming in Colombia.

It's the blood of women and children as young as 10 who work in slave labour conditions in sprawling greenhouses around the capital. They arrive from all over the country to package beauty, working long hours for little pay, no guaranteed labour rights and health problems that include infertility, lung disorders, joint issues and cancer.

"It is essentially slave labour," Yolanda Becerra Vega, director of the Popular Women's Organization, said yesterday. The Amnesty International-sponsored delegation is here to plead with Canadian parliamentarians to reject the Canada-Colombia free-trade agreement, signed last November and expected to be introduced in the House soon.

Becerra Vega is recognized internationally for human rights work in a country where grassroots activists are regularly targeted by death squads with proven links to the military.

**TORSTAR NEWS SERVICE**

## Rights commission under fire

**FREE SPEECH** The Ontario Human Rights Commission should be disbanded because it "tramples" on everything from free speech to the justice system, says commentator Mark Steyn.

"I believe in the abolition of the commission, because I believe the commission is nothing but ideological activists," Steyn, a Toronto-born, New Hampshire-based columnist, told the committee on government agencies.

**"I believe the commission is nothing but ideological activists."**
Mark Steyn

"I have no objection to that. I've been accused of that myself. But I do it on my own dime and I don't see why (commission chief Barbara) 'commissar' Hall and her colleagues shouldn't also do it on their own dime."

Steyn's antipathy stems from fallout over articles he wrote for Maclean's, including one entitled, The Future Belongs to Islam.

The 2006 piece, an excerpt from his book America Alone, argued a youthful, rapidly growing Muslim population hastens the decline of Western civilization.

While Hall's commission, citing a lack of jurisdiction, dismissed a Canadian Islamic Congress complaint over Steyn's writing — as did the Canadian Human Rights Commission and the B.C. Human Rights Commission — they still condemned him.

**TORSTAR NEWS SERVICE**

## Ticketmaster faces scalping suit

**ONLINE** Ticketmaster Entertainment Inc. was hit with a $500-million lawsuit yesterday, alleging the company broke the law by reselling tickets at inflated prices.

A Toronto man who tried to buy two tickets to a November 2008 concert by the band Smashing Pumpkins alleges Ticketmaster's website said none were available, but redirected him to the website of the company's TicketsNow resale unit.

**REUTERS**

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sp: metro Photo by: John Kamitakahara

**Egyptian police detain blogger: Group**
Egyptian police have beaten and detained 22-year-old Egyptian blogger and activist Diaa Eddin Gad, who has expressed support for Gaza, a human rights group said. Bloggers have become a major target of police assault, the group noted in a statement. REUTERS

# World

## Where do they carry their cash?

**Naked mountain hikers in the Swiss canton of Appenzell-Innerrhoden will in the future face on-the-spot fines of 200 Swiss francs ($210), a newspaper reported. Naked hiking, particularly popular with German visitors, has outraged residents in the traditionally minded canton, which gave women the right to vote only in 1990. "We must protect our children from these immoral habits," said an official.** REUTERS

# Stimulus on track

**The U.S. Senate yesterday moved a step closer toward approving U.S. President Barack Obama's plan to jolt the U.S. economy out of recession with government spending and tax breaks, setting up a vote to pass the $838-billion US emergency package today.**

After a week of contentious debate, senators reached a deal to pare down the stimulus bill by about $100 billion and voted 61-36, with minimal Republican support, to hold a final ballot today.

If the measure passes as expected, the Senate and House will enter final negotiations on a compromise bill, with Obama arbitrating disputes. The cost of the House bill was priced at $819 billion.

Republicans say some spending in the bill would not boost the economy. But Democrats, who control Congress and the White House, argued that a mix of tax cuts and spending were urgently needed.

The bill advanced in the Senate as Obama hit the road with a town hall-style meeting in Elkhart, Ind., where the unemployment rate hit 15.3 per cent, to build public support for the measure. Obama also delivered an evening news conference to urge action on the bill. REUTERS

SCOTT OLSON/GETTY IMAGES

U.S. President Barack Obama addresses area residents during a town-hall-style meeting in Elkhart, Ind., yesterday.

## China denies rights violations

**CRITICISM** China yesterday stoutly defended its human rights record, rejecting suggestions from Western countries that it oppressed ethnic minorities in Tibet, uses torture, jails dissidents and allows child labour.

It told the UN Human Rights Council the allegations were political propaganda aimed at denigrating China's achievements.

The discussion came amid a newly launched process called the Universal Periodic Review, under which all members of the United Nations are expected to submit themselves every four years to scrutiny of their human rights record. REUTERS

## Death toll from bushfires in Australia reaches 173

**FIRE** Weary firefighters and rescuers pulled the remains of dozens of people from charred buildings yesterday as the toll from Australia's deadliest bushfires rose to 173, police said.

"Everybody's gone. Everybody's gone. Everybody. Their houses are gone. They're all dead in the houses there. Everybody's dead," cried survivor Christopher Harvey as he walked through the town of Kinglake, where most people were killed.

Police believe some of the fires, which razed rural towns near the country's second-biggest city, Melbourne, were deliberately lit and declared the devastated town of Marysville a crime scene.

In Canberra, lawmakers suspended parliament for the day after expressing condolences to the victims. REUTERS

### Political effects

- The bushfires, a natural annual event in Australia, will put pressure on the government to deliver a broad climate change policy as green politicians cite the extreme weather as reason to back a tougher policy.

## News in brief

**ITALY** Eluana Englaro, the comatose woman at the centre of a right-to-die case in Italy, died yesterday despite an attempt by Prime Minister Silvio Berlusconi to order doctors to keep her alive through a feeding tube. Nutrition was stopped four days ago.

**PAKISTAN** At least 13 people, nine of them children, were killed in the northwest Pakistani region of Darra Adam Khel yesterday when two mortar bombs hit a house during a battle between security forces and the Taliban, the military and residents said.

**STUDY** U.S. researchers have found 28 per cent of people unwilling to quit smoking to improve their own health would try to give up the habit to spare their pets the dangers of second-hand smoke. Another 11 per cent said they would think about quitting. REUTERS


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# Comment & Views

## Comment

# New course, new times

NationalReport

Lawrence Martin

Before we start banging ourselves on the head over the great economic sag, one fact is worth remembering. This isn't our doing.

The recession that pummelled us in the early 1990s was, in good part, made in Canada. It was spurred by deficits, debts, high inflation and ulcerous interest rates. The recession of the early 1980s also was homegrown to a good degree.

But today's adversity was brought on chiefly by American debt and deregulation. We had neither problem. Paul Martin wisely did not deregulate the banking system like they did south of the border. And our debts and deficits were under control. We can't blame our plight on the politically obsessed Stephen Harper government, either. Its economic management — witness last fall's shenanigans — has hardly been sterling, but this recession would have hit no matter what it did over the last three years.

So, while we love to blame our politicians for everything, this is not the time. Rather than going on any guilt trips, the country should follow the lead as recommended in a report last week on the Ontario economy by Roger Martin and Richard Florida.

Stimulus schemes and handouts, they say, may be necessary to prop up the old economy. "As in all times of economic crisis, there is considerable pressure on governments to protect the past and undertake bailouts." That said, "There is a better way."

**"Start making the big moves to an idea-driven, creative economy based not on goods, but on services."**

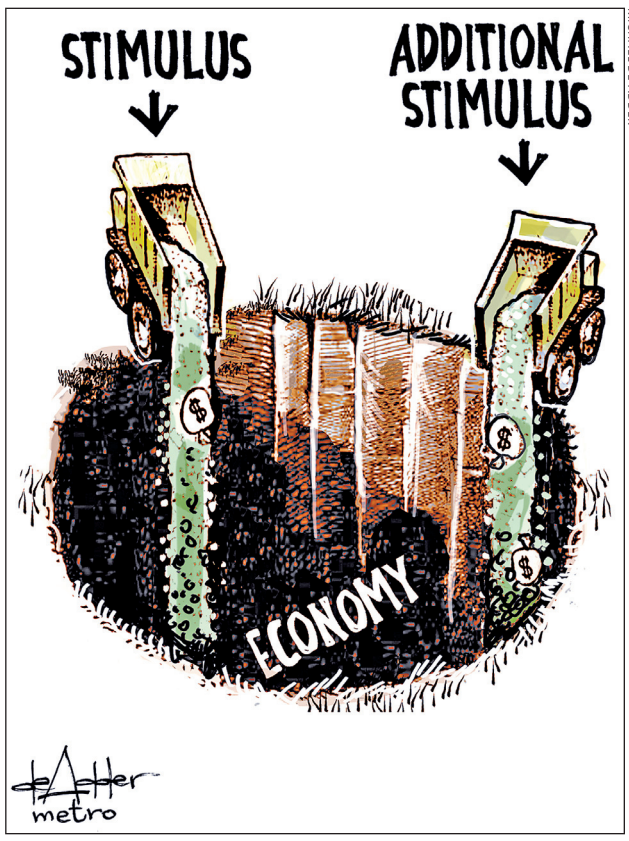
Our leaders, they suggest, need to capitalize on the current plight to drive home the need to move off the old industrial economy. Start making the big moves to an idea-driven, creative economy based not on goods, but on services. Put the stress on the development of knowledge workers, on research and development, on innovation.

That's at home. Abroad, which was not a focus of the report, there has to be a lessening of our dependence, for obvious reasons, on the United States. The Harper government is finally starting to do that with Trade Minister Stockwell Day pursuing new trade agreements on other continents.

A creative economy doesn't rely on outmoded strategies at home and abroad. It requires leaders of foresight. If not Stephen Harper, the Creative Society is a vision, you would think, that might perfectly suit brainy new Liberal Leader Michael Ignatieff. It moves beyond political gamesmanship and last-century methods. It charts a new course for the new times.

Today's made-out-of-Canada recession should serve as a catalyst to bring it on.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.




MICHAEL DE ADDER

## Views

# Fashion can cheer up gloomy moods

Lisa Tant
Fashion & Beauty Expert

Imagine a world without music, art or fashion.

You'd wake up in your sensible white-walled home and dress in your functional daily navy uniform before heading out to a structured nine-to-five office. Think of how sombre and depressing your mood would be to match. That's all I can visualize when asked what place fashion has in a world littered with pink slips and shrinking stock portfolios.

There's no doubt that our perception of fashion is changing. A status symbol for the past decade, "it" bags — a must-have $1,000-plus design toted by celebs and their wannabes — are now yesterday's news. Head-to-toe designer labels are considered gauche, and bling is now more quaint than fierce. Yet, just because we're dialling down our showy love for high-profile, high-status fashion, that doesn't mean our passion for style has gone the way of Uggs and track suits.

Fashion has always been a defining sign of self-expression and that's not about to change. What will change is what and how we buy. Trying times bring out the best in our creativity, imagination and innovation — and that magical equation cannot be defined by a label or price tag.

Michelle Obama

A perfect example is how mall stores, including H&M and Gap, have been collaborating on wallet-friendly collections with high-profile designers from Rei Kawakubo of Comme des Garcons to Thakoon. In April, H&M will be launching a limited edition line with British designer Matthew Williamson. The payoff is mutually beneficial — Williamson, a little known name in North America, is introduced to masses of potential new fans, while H&M gets the cachet of a major insider name.

The biggest mistake a retailer could make in tough times is to stock its shelves with safe classics in predictable colours. Who really needs another white shirt or black pencil skirt? If we're going to loosen our pinched-tight purse strings it will be to splurge on mood-boosting colour, pattern or decorative accessories.

Notice how Michelle Obama chose change-inspiring yellow — a sunny silk brocade topper and dress by Isabel Toledo — at her husband's inauguration. Likewise, cheerful optimism shapes the madcap fashion in February's Confessions of a Shopaholic, the unlikely story of a fashion-crazed shopper turned financial adviser.

Every savvy shopper knows that a little creative retail therapy always does the heart good.

Lisa Tant is editor-in-chief of FLARE Magazine and former executive editor of Chatelaine Magazine.

## Letters

**Why do religion and politics have a place in public ads?**

Re: Atheist ads promote debate, understanding (Feb. 5)

In a time when people are losing their jobs, their homes and still have bills to pay, are these skeptics' bus ads really productive and necessary for the public to read?

What is the basis of promoting such ads? Is it to provoke others, to communicate a message or just to make trouble? Are these messages really positive?

In advertising, free speech does have limitations and a sense of responsibility. People just can't write whatever they like without public reaction and consequence, whether the ad is a public service or promoting a product or service. I feel the money spent by skeptics to place ads is not spent constructively and is unnecessary when that money could have been better spent for charities, homeless shelters or towards a fallen economy.

Why do religion and politics have a place in any type of public advertising? These things could be left out entirely. This is nonsense because we will never find a common understanding on these subjects.

LAURA GOMEZ, BRAMPTON, ONT.

**Various religious groups have used advertising campaigns**

Re: Atheist ads promote debate, understanding (Feb. 5)

I am not atheist, but I can't understand why people are so offended.

Various religious groups have used advertising and it has never been viewed as offensive. If we find this miniscule form of free speech offensive, should we not be offended if someone starts preaching about God on the side of the street and reciting a sermon from the Bible?

Many religions don't need to advertise on buses when they have billboards or television programs and channels devoted to their religions. Should someone that is not of that religion be offended?

After all, they are only voicing their own opinion through an ad on a bus, which is hardly harmful to anyone. Although some make it out to sound like an infectious disease that needs cleansing.

NICHOLAS WITHAM, CALGARY

**It's your turn to tell others what you think. E-mail your thoughts and opinions to: vancouverletters@metronews.ca**
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3 - 1855 Burrard St.
3343 West Broadway
2748 Rupert St.
1 - 525 Seymour St.
150 - 625 Howe St.
105 - 950 West Broadway
1707 Robson St.
1092 Kingsway
10 - 3490 Kingsway

**Aldergrove**
310 - 26310 Fraser Hwy.

**Abbotsford**
Sevenoaks Shopping Centre
2 - 32915 South Fraser Way
1 - 2142 Clearbrook Rd.
401 - 2140 Sumas Way

**Burnaby**
Brentwood Mall
Crystal Square
Lougheed Mall
Metrotown/Metropolis
214B - 4501 North Rd.
4711 Kingsway
7531 Market Crossing
111 - 3823 Henning Dr.
204B - 3430 Brighton Ave.

**Chilliwack**
Cottonwood Mall
103 - 45300 Luckakuck Way
11 - 45905 Yale Rd.
7544B Vedder Rd.

**Cloverdale**
201 - 17725 64th Ave.

**Coquitlam**
Coquitlam Centre
101 - 3278 Westwood St.
5 - 3000 Lougheed Hwy.
2700B Barnet Hwy.
22 - 2988 Glen Dr.
2 - 901 Lougheed Hwy.

**New Westminster**
Royal City Centre

**Delta**
Scottsdale Mall
7235 120th St.
1517 56th St.

**Langley**
Walnut Grove Town Centre
Willowbrook Shopping Centre
3 - 19638 Fraser Hwy.
103 - 19700 Langley Bypass
C104 - 20159 88th Ave.
19971 96th Ave.
C7 - 20202 66th Ave.

**Maple Ridge**
22661 Lougheed Hwy.

**Mission**
100 - 32670 Lougheed Hwy.
318 - 32555 London Ave.

**North Vancouver**
Capilano Mall
127 - 1199 Lynn Valley Rd.
1295 Marine Dr.
1748 Lonsdale Ave.
1392 Main St.

**Port Moody**
202 Newport Dr.

**Pitt Meadows**
735 - 19800 Lougheed Hwy.

**Richmond**
Aberdeen Centre
Admiralty Centre Mall
Ironwood Mall
Lansdowne Mall
Parker Place
Richmond Centre
115 - 12571 Bridgeport Rd.

**Surrey**
Central City Shopping Centre
Guildford Town Centre
201 - 13734 104th Ave.
135 - 12477 88th Ave.
2404 King George Hwy.
1675 128th St.
108 - 7380 King George Hwy.
403 - 15940 Fraser Hwy.
10310A 152nd St.

**West Vancouver**
Park Royal Shopping Centre
North/South

**White Rock**
Semiahmoo Shopping Centre
10 - 3189 King George Hwy.

OKANAGAN/NORTHERN BC

Aberdeen Mall (Kamloops)
Northills Centre (Kamloops)
Orchard Park Mall (Kelowna)
Spall Plaza (Kelowna)
Cherry Lane Shopping Centre (Penticton)
Pine Centre (Prince George)
Piccadilly Mall (Salmon Arm)
Village Green Mall (Vernon)

**Whistler**
7009 Nesters Rd.

**Squamish**
38116 2nd Ave.

**Disney, DreamWorks enter long-term distribution deal**
Walt Disney Studios yesterday confirmed it has entered a long-term film distribution agreement with DreamWorks Studios principals Steven Spielberg and Stacey Snider. Disney said in a statement that it will distribute and market about six live-action films per year for DreamWorks. REUTERS

# Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

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## Partial judgment for Madoff

**COURT** Accused Wall Street swindler Bernard Madoff has agreed to a partial judgment in the civil case brought by the U.S. Securities and Exchange Commission without admitting or denying fraud charges, the regulator said yesterday.

The SEC said the agreement with Madoff extends an asset freeze on the former Nasdaq stock exchange chairman, with the amount of penalties and disgorgement to be decided later.

Madoff, 70, is under house arrest and 24-hour surveillance after being accused of one count of securities fraud.

REUTERS

## Xstrata Nickel sheds 686 jobs

**MINING** Xstrata Nickel, a cornerstone in Sudbury, Ont., axed 686 jobs yesterday as it closes down two old mines in the midst of what it calls "ongoing challenging market conditions" that have seen nickel prices plummet and demand evaporate since it scooped up Falconbridge nearly three years ago in happier industry times.

Operations were immediately halted at the Craig and Thayer-Lindsley mines, which had reached the end of their mine life, the Zug, Switzerland,-based company said in a statement.

TORSTAR NEWS SERVICE

## Business in brief

**COFFEE** Starbucks Corp. said it will start selling coffee and breakfast foods together for $3.95 US next month, marking the first time it is using a combination discount.

**FAST FOOD** McDonald's Corp. yesterday posted a better-than-expected 7.1 per cent rise in global January sales at restaurants open at least 13 months.

REUTERS

# Loonie to return to parity: Expert

**Canada's currency will return to par with its U.S. counterpart in as little as six months as commodity prices rebound, pessimism peaks and the nation's political turmoil abates, according to economist Dennis Gartman.**

**"I have the sense that this might be a move back towards par and beyond."**
Economist Dennis Gartman

"I can feel myself getting ready to be quite bullish on the Canadian dollar," said Gartman, the editor of the Gartman Letter, who correctly predicted the currency's most recent run to parity in 2007. "I have the sense that this might be a move back towards par and beyond."

The Canadian dollar reached equal value to the U.S. dollar in September 2007 for the first time in three decades as prices soared for commodities such as crude oil, which account for about half the country's export revenue. It plummeted 18 per cent last year as a global recession curbed demand for the same commodities. The currency is down 1.6 per cent this year.

Gartman's call on the Canadian dollar is at odds with the forecast of 44 economists surveyed by Bloomberg News. On average, they see the currency weakening to $1.25 Cdn against the greenback by the end of June before rising to $1.20 by the year's end. None expect the loonie to reach parity this year.

TORSTAR NEWS SERVICE

## Personal bankruptcies up by 50%

**FINANCE** Personal bankruptcy filings in Canada rose more than 50 per cent in December from the same month of 2007, according to data released yesterday, a trend that parallels a jump in unemployment and debt as the economy slides into recession.

Figures released by the Office of the Superintendent of Bankruptcy Canada also showed that bankruptcies filed by businesses increased by just 2.4 per cent over the same period.

Total bankruptcies in Canada last year rose 12.3 per cent over 2007, an increase driven by personal insolvencies as business bankruptcies dropped two per cent year over year.

Canadians now carry more debt as a percentage of their disposable income than Americans, according to a report issued last week by Deloitte & Touche consulting group, posing risks for lenders and challenging the country's reputation for financial prudence.

REUTERS

**Debt troubles**

- The ratio of debt to disposable income has hit more than 130 per cent, the Deloitte report found, citing Bank of Canada figures, and banks could be on the hook for more than $800 million in bad credit card debt in 2009.

## PM targets U.K. bank bonuses

**CRACKDOWN** British Prime Minister Gordon Brown, seeking to head off mounting public anger over bankers' bonuses, pledged yesterday to end rewards for failure in a financial system crippled by the credit crisis.

However, Brown stopped short of banning bonus payments in banks that have received state backing.

REUTERS

## Tokyo Nissan posts big loss

YURIKO NAKAO/REUTERS

Nissan Motor Co. chief executive Carlos Ghosn speaks yesterday during a news conference at the company headquarters in Tokyo. Nissan posted a big quarterly loss yesterday and warned it would have to cut 20,000 jobs and lose money this year, marking its first fall into the red since Ghosn took the reins a decade ago.

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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

# Love for much less

SmartCookies

smartcookies.com

Each February, millions of men around the planet agonize over the details of extravagant dates, in hopes of getting lucky in the love department. But this year, if layoffs, market crashes and general financial uncertainty don't get you in the mood, we completely understand. So whether it's your first date, a blossoming romance or your long-time love, here are some suggestions for dates that are completely free and will help remind you what's really important:

## FIRST DATE

### Must love dogs

Take the edge off a first date by walking a dog together. Don't have a four-legged friend? Borrow one from a friend, or even better, visit your local animal shelter and volunteer to walk a hard-up pup together. It's guaranteed that conversation will flow more easily and, if need be, the puppy will offer a fun little distraction.

### Reality romance

You're paying for cable so why not use it? Plan an evening in and watch the current "it" reality show. To really get into the Valentine's mood we suggest The Bachelor (guys, don't knock it till you try it). Why not place a bet on who doesn't get the rose? Loser owes the winner a back rub.

## DATING

### Cheese please

Get onto your favourite specialty store's online newsletter list to receive notice of free events and discounts. Free wine plus free cheese equals great date!

### Free tours

Check out a free factory tour. Free tours are offered at a variety of fascinating places. They can be specific to your interests, provide lots of opportunity for conversation and even free samples. We recommend checking out a brewery and then splitting a pitcher of beer after.

## LONG-TERM/MARRIED

### House hunter

Plan a driving tour of your favourite neighbourhood, checking out show homes and open houses. Not only with you be able to pick up some great decorating tips but it will also get you on the same page in terms of saving for the future for that dream home. Plus, sometimes it's fun to find out how other people live!

### Heart art

Get cultured and check out art galleries and museums. Check to see if they have a "by donation" night so you can save money on admission. Some galleries even offer memberships, whereby you can pay an annual fee and go as often as you like.

## BOTTOM LINE

Now more than ever, we're realizing that what's really important is not what we spend our money on but how we spend our time. So put your wallet away and cuddle up close this Valentine's Day!

Have questions or comment? Email smartcookies@metronews.ca.

Valentine'sDay

**What's really important is not what we spend our money on but how we spend our time.**

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

Visit metronews.ca for a comparison of investment, RRSP and tax-free savings accounts.

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# Cashing out of the market

MoneyMatters

Henry Choo Chong

choochonghcga@yahoo.ca

**Q In January, I decided to liquidate most of my RRSP and non-RRSP stock portfolio. After crunching the numbers, total gains minus losses left about a $20,000 loss. — Kim**

**A** In these uncertain times, it is not unreasonable for individuals to cash out of the stock market. Many financial advisers insist, "Don't cash out if you are in for the long term!" However, if it brings peace of mind, then you must do what you must do.

Any transaction executed after December 2008 (aside from any RRSP contributions to March 2, 2009 or superficial losses) are reported on your 2009 tax filing. For 2009, you will have to determine what and how much income to report:

- Separate RRSP dispositions from non-RRSP transactions.
- All RRSP dispositions will have no immediate tax consequences.
- All RRSP withdrawals will be fully taxable for that year. The financial institution will provide a T-4RSP slip.
- Calculate and offset capital gains against capital losses for non-RRSP dispositions. The net amount must be reported on 2009 tax return.
- Taxes are paid on 50 per cent of capital gains, while excess capital losses can be applied to reduce capital gains in prior three years or carried forward in subsequent years.

Reach Henry Choo Chong, CGA, at choochonghcga@yahoo.ca.

**Adviser advice**

You should make an appointment to review your investment account with your adviser at least once a year. Tell your adviser if your personal or financial circumstances have changed. Major life changes include marriage, divorce or the birth of a child. NEWS CANADA

# RRSP Guide

## Know your comfort zone

**Your investment strategy will be affected by the way you feel about risk (your risk tolerance), your personal and financial situation and your goals. Be sure to talk to your financial adviser and determine a suitable risk level for your investments.** NEWS CANADA

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

# Cashing out to save

ROBYN YOUNG
for Metro Canada

**Sometimes cashing out RRSPs is the only way to go to finance a small business startup, says a Toronto-based entrepreneur.**

Evan Carmichael of evancarmichael.com — which is dedicated to helping entrepreneurs grow their businesses — says it's becoming increasingly difficult to get money from the bank to start a business.

"So quite a number of entrepreneurs do actually cash out some RRSPs because they have no other option," he said.

The 29-year-old, who has a decade of experience with small business startups, said if that's your only option, it's not the worst thing you can do.

**"If you earn $10 of interest on an RRSP, you have to report that on your income tax."** Paul Woolford

"The business itself can become a great little nest egg for yourself and your retirement," he said.

Jeff Moulden is in the midst of starting up a home renovation business called HJM Home Improvements and recently cashed out about $10,000 of his RRSPs in order to build a shop in his garage.

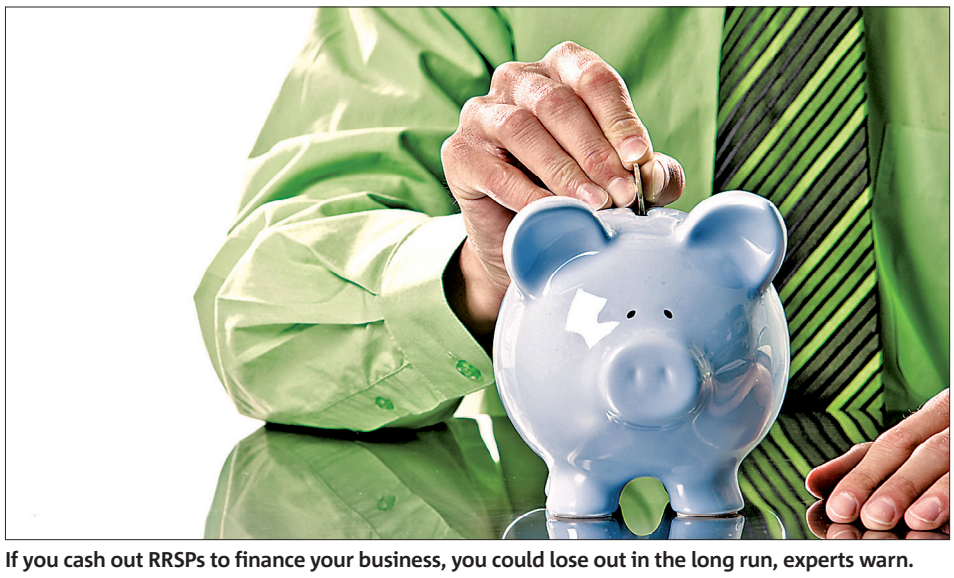
He said losing some of the money to taxes was a consideration but it was a "necessary evil" — something he felt he had to do.

"It's my money and rather than going further into debt, I thought I'd just capitalize on some of my retirement savings, I'm building this business for that anyway (retirement)," he said.

Paul Woolford, tax partner with KPMG Enterprise, says anyone considering cashing out RRSPs needs to be aware that they could lose a sizeable amount.

"If you take out $10,000 to help finance your business, depending on what tax bracket that individual is in — let's assume that person's in the highest tax bracket — roughly half of that $10,000 would be taken back," he said.

Basically, the higher the tax bracket and the more money cashed out, the more will be lost.



If you cash out RRSPs to finance your business, you could lose out in the long run, experts warn.

Woolford recommends leaving money in RRSPs until retirement and finding other means of financing a small business, such as third-party loans or personal savings if they're available.

He also recommends investing money in the new Tax-Free Savings Account.

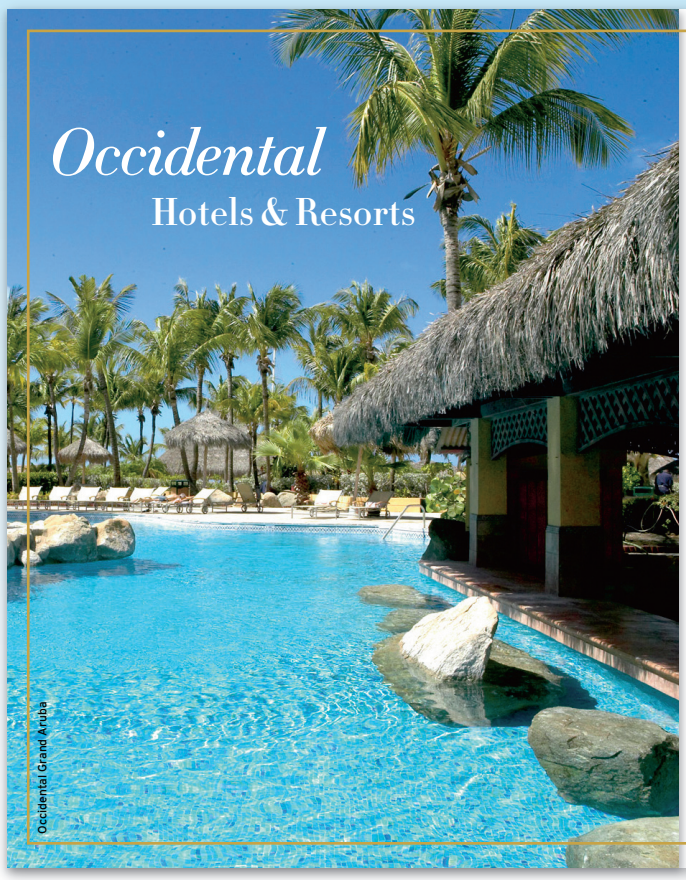
"If you earn $10 of interest on an RRSP, you have to report that on your income tax, unlike the Tax-Free Savings Account," he said.

"You can take it out and you can actually put it back in the following year."

Once a small business is up and running however, investing in RRSPs is essential said Carmichael.

Putting money into your RRSPs lowers your taxable income, which can keep you in a lower tax bracket and help you save at tax time.

AIR CANADA VACATIONS

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**Investing tip**

Before you invest your RRSP money, ask your adviser to explain your options and learn how each investment works. NEWS CANADA

If you haven't reached your RRSP contribution limit, you may want to take out a loan to top it up.

# Borrowing to invest

## Strategy is not for the novice, expert says

JON TATTRIE
for Metro Canada

**Borrowing money to invest can be a good strategy, but experts say you'd better know your stuff, or you could end up in a bad financial situation.**

The government sets a limit to RRSP contributions and if you haven't reached it, you might consider taking a loan to top it up.

Talbot Stevens, a financial expert specializing in leveraging, explains it heightens potential reward but also danger, as you could lose money in your investment and have to pay back the loan.

"You're magnifying your financial results, both good and bad, and you're magnifying your emotional situation," Stevens says. But leveraging, or a "forced savings strategy," can work. "Once you make that one-time decision, you don't really have any choice but to continue to execute that plan."

**"When people borrow to invest outside of RRSPs, too often they are getting greedy and want to make a lot of money fast."**
Talbot Stevens, financial expert

Because of that, you should only commit to a plan you can follow in the worst of times. If it's done right, borrowing to invest in your RRSP can be like borrowing to invest in your house via a mortgage. If you borrow to invest, long-term planning RRSPs are the way to go. "When people borrow to invest outside of RRSPs, too often they are getting greedy and want to make a lot of money fast."

That leads to shortcuts and ill-informed decisions.

Patricia Lovett-Reid, senior vice-president at TD Waterhouse, sounds a more cautious note. The risk is getting caught in a volatile market during a margin call. A margin is collateral that the holder of a position in securities, options, or futures contracts has to deposit to cover the credit risk of his lender (for example, your broker).

"Responding to a margin call and being sold out of a position at exactly the inopportune time suggest that you really do need to have the cash. Not just for the interest requirements, but also to satisfy a margin call in the event the stock turns against you," she says.

You have to really know what you're doing before borrowing to invest is a good idea, she said. "Proceed with caution. It is such a legitimate investment strategy, but it's not for the novice."

# Retirement planning can be easy

**SAVING** Unless you're planning to work forever, chances are you'll need a retirement savings plan to help you reach your retirement goals. But for some, developing a plan may seem more complicated than it sounds.

"We all know that we need to save for retirement, but many Canadians are confused about how to start, so they put off creating a retirement plan," says Linda Knight, president and chief operating officer, BMO Mutual Funds.

"Developing a retirement plan isn't as daunting as many Canadians think it is — especially when you seek the advice and guidance of a trusted financial planner."

The first part of creating a personalized retirement plan is to have a goal in mind. Do you want to spend retirement travelling across the globe or fishing at the family cottage? Once that goal is set, you can work backwards to determine how much money you will need for your dream retirement lifestyle, what age you can retire at and how much you will need to set aside in savings each year.

An RRSP is a main staple in a retirement savings plan and acts like a retirement savings piggybank that collects funds overtime for the sole purpose of funding an investor's retirement. The main benefit to investors is that all contributions made into an RRSP are tax-deductible. Within an RRSP, investors can hold a variety of investments, including guaranteed investment certificates, mutual funds, stocks and bonds.

The maximum annual contribution allowed for the 2008 tax year is 18 per cent of your earned income up to $20,000. Any unused contribution room can be carried forward to the following year.

In addition to RRSPs, investors can include real estate and company pension plans as other potential sources of retirement income. NEWS CANADA

**Scolari canned**
Luiz Felipe Scolari was fired as Chelsea manager yesterday, after just seven months on the job for the English soccer power. Chelsea has dropped 16 points at home this season and currently sits seven points behind Manchester United. METRO NEWS SERVICES

# Sports

## No chicken with his ribs?

**The Pittsburgh Steelers said they were unaware Ben Roethlisberger played the Super Bowl with two broken ribs, as the quarterback told Sports Illustrated yesterday. Roethlisberger said he knew something was wrong during the week before the game, that he played through the pain and the injury was only detected in an MRI he had last week.** METRO NEWS SERVICES

EDITOR: JOHN CHICK, JOHN.CHICK@METRONEWS.CA

# Rodriguez: 'I'm guilty'

**New York Yankees slugger Alex Rodriguez admitted yesterday he had tested positive for performance-enhancing drugs in 2003.**

"I did take a banned substance. For that I'm very sorry and deeply regretful," Rodriguez told ESPN in response to a report in Sports Illustrated that he had been one of 104 players who had tested positive that year.

Although there were no penalties for a positive test in 2003, confidential testing was conducted by Major League Baseball in agreement with the players' union to determine if random testing should be introduced in the following year.

Sports Illustrated said the Yankee third baseman had tested positive for a steroid and the male sex hormone testosterone.

**"It was such a loosey-goosey era."**
Alex Rodriguez on baseball's steroid era

Rodriguez, 33, baseball's highest paid player and one year into a 10-year, $275-million contract with the Yankees, said he had cheated during his three seasons with the Texas Rangers starting in 2001 but not since.

"When I arrived in Texas in 2001 I felt an enormous amount of pressure. I felt like I had all the weight of the world on top of me to perform and perform at a high level every day.

"Back then it was a different culture. It was very loose. I was young, I was stupid, I was naive," he said.

"And I wanted to prove to everyone that I was worth being one of the greatest players of all time.

"It wasn't until then that I ever thought about a substance of any kind and since then I've proven to myself and to everyone that I don't need any of that."

Rodriguez, the youngest player to hit 500 home runs and, with a total of 553, is on course to overtake Barry Bonds' record of 762, said he didn't even know the name of the drugs he was taking.

"It was such a loosey-goosey era, that I'm guilty for a lot of things. I'm guilty for being negligent, naive, not asking all the right questions," he said.

"To be quite honest, I don't know exactly what substance I was guilty of using." REUTERS

JIM MCISAAC/GETTY IMAGES

**Alex Rodriguez admitted yesterday to using performance-enhancing drugs during an ESPN interview.**

### Obama reacts

- U.S. President Barack Obama said last night that Rodriguez's admission was "depressing news on top of what has been a flurry of depressing" developments.

### Tonight

VS

**5:30 p.m.**
**Sportsnet/TEAM 1040**

The Blues are at the bottom of the Western Conference standings, but the Canucks know first-hand that a date with St. Louis is anything but an easy win. The Blues thumped the Canucks 6-4 a little more than a month ago at GM Place despite coming into that game with a seven-game road losing streak. Combine that result with the Blues' 6-1-3 record in their last 10 games, and the Canucks have their work cut out for them.

**START TO FINISH:** The Canucks are nearly unbeaten when they take a lead into the second period, and only four teams have allowed more first-period goals than the Blues.

METRO NEWS SERVICES

# Beckham has outlived MLS needs

JustSoccer

**Ben Rycroft**
ben.rycroft@metronews.ca

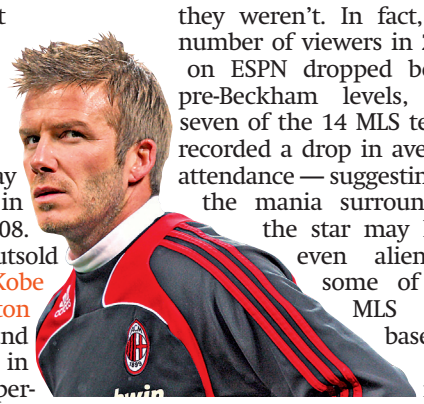
David Beckham's announcement of his desire to leave Major League Soccer will leave this fringe league broken, barren and boring.

Or, at least, that's what some with little understanding of the game are suggesting.

There is no denying that Golden Balls, as he is affectionately referred to in the British press, has certainly rubbed off on the MLS.

Going back to 2007, when he joined the league, it was the right decision for the time. Here was a guy who could transcend sport and put non-soccer-loving fans into the seats.

In American markets, where soccer has to compete with baseball, hockey, basketball and football for TV time and fan dollars, the game was always going to be a hard sell — but, at first, it worked.



Beckham's Galaxy recorded league-high home and away attendances in 2007 and 2008. His jersey outsold those of Kobe Bryant, Peyton Manning and Derek Jeter in 2007. And perhaps the most telling stat: when Toronto FC joined the league (the same year as Beckham) they paid a $10-million expansion fee. Teams, like Vancouver and Miami, who are applying today for expansion, are looking at $40 million in fees.

Still, despite all that, now is the right time for the two to part ways.

The Beckham experiment was only ever going to be successful if the fans that he attracted would stick around after he left — declines in overall league attendance and TV ratings in 2008 from 2007 show that they weren't. In fact, the number of viewers in 2008 on ESPN dropped below pre-Beckham levels, and seven of the 14 MLS teams recorded a drop in average attendance — suggesting all the mania surrounding the star may have even alienated some of the MLS fan base. As it stands now, the $2.3-million salary cap the MLS imposes is prohibitively restrictive. Having a player like Beckham on your squad, earning the pay he does, ultimately affects the product on the field. Decent North American soccer talent is forced to go overseas and play in second-rate European leagues that can pay them livable salaries.

If the MLS would increase the salary cap to $5 million — still within acceptable profit margins for most clubs — and focus less on attracting big-name fads, teams could re-invest in the talent that was born, raised and developed in their cities and sell a product that fans would actually have a connection to.

On a grassroots level, homegrown talent — like Martin Nash in Vancouver or Dwayne DeRosario in Toronto — will always outsell an occasional Beckham.

Watch Ben Rycroft on the It's Called Football show every Sunday at metronews.ca

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# Health & Beauty

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

# Love on the big screen

## Rom-coms can create unrealistic expectations in relationships

Psychologists studied students watching 40 top box office hits like You've Got Mail, Serendipity and While You Were Sleeping and found that they were more likely to believe in fate, destiny and predetermined love.

What? Watching romantic comedies sets up unrealistic expectations when it comes to love? Not exactly shocking, I know, but still worth reminding ourselves of at this time of year, when Valentine's Day sets up higher than usual expectations in the romance department. We hardly need movies adding to the pressure.

While, according to the study, romantic comedies would have us believe that if someone is meant to be with you, they should know what you want without you having to tell them, I would hardly stop there. According to my own informal observations, romantic comedies would also have us believe:

- The more you hate someone, the more different the two you are, the more your family hates your date — basically, the more you have going against you when you meet — the greater the chance you'll end up together.
- Your partner ultimately knows what to do or say at precisely the right moment.
- Your partner is always in the mood for sex when you are.
- Great sex just happens without planning or communication and no one ever gets a leg cramp ... or passes wind.
- Even if you look like Jack Nicholson, you can date someone less than half your age.
- Relationship problems can be resolved within two hours after which we'll all live happily ever after.

Most of us know these movies are unrealistic and we wouldn't want it any other way.

Romantic comedies are meant as an escape from reality, an opportunity to bask in a world of happily ever after where love conquers all. But when it's 4 a.m., the baby's awake and crying, you haven't slept in three days and the house is a mess, love may feel a little overwhelmed by the task of conquering all.

And I know that "Communication Conquers All" isn't quite as romantic sounding, but it's a more realistic place to start. Combine that with regular tolerance, kindness, understanding and some good old fashioned "grinning and bearing it" and you at least stand a chance at putting a dent in, if not completely conquering, most of what comes at the two of you.

In fact, for one tired mom friend of mine, her idea of romance is having her husband get up and change a poopy diaper at 3 a.m. ... for the fourth night in a row. Hardly the stuff of movie romance but for her right now, a gesture much more meaningful than flowers or candy.

TORSTAR FILE PHOTO

According to a new study, watching popular romantic comedies like Serendipity (pictured) will likely have you believing in fate.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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## Love is good for the heart

**CELEBRATE VALENTINE'S DAY:** Showing your loved one how you feel can be good for your health.

It seems nothing gives the heart muscle a workout quite like love. Studies have shown that women in a happy marriage are much less likely to have risk factors associated with heart disease than their lovelorn friends.

Sex, we know, is good for the heart, too: Men who have sex two or more times a week cut their risk of cardiac arrest in half.

Even kissing has health perks: Kissing increases saliva production, which reduces the bacteria that cause gum disease (a proven contributor to heart disease).

**BEST HEALTH MAGAZINE**

**New cast for Dancing with the Stars**
The season eight cast of Dancing with the Stars includes: Jewel and husband Ty Murray, Chuck Wicks, Shawn Johnson, Belinda Carlisle, Denise Richards, Lawrence Taylor, Lil' Kim, Steve-O, Steve Wozniak, David Alan Grier, Gilles Marini and Nancy O'Dell. **PEOPLE.COM**

# Entertainment

**Studio guest**
**Sex and the City star Sarah Jessica Parker will be the first guest on the new season of Inside the Actors Studio. The first episode airs Sunday on Bravo.** METRO NEWS SERVICES

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

PHOTO COURTESY SIX SHOOTER RECORDS

Echoes, the latest album from Halifax-based singer-songwriter Jenn Grant, was released in stores last week.

# Success via suitcase

## New Jenn Grant album follows year of steady touring

BRYAN BORZYKOWSKI
for Metro Canada

**If an artist needs a sign that they're succeeding in the music biz, living out of a suitcase at their mom's place is as good an indication as any.**

While Halifax songstress Jenn Grant would rather be holed up in her own apartment — she's currently searching for new digs — finding shelter at her parents' house was her only option after a year of steady touring.

"I need to find an apartment for tomorrow," says Grant, on the phone just minutes before yet another housing-related appointment. "I was on the road and didn't find a place to live, but I'm getting tired of my suitcase."

**"I was on the road and didn't find a place to live, but I'm getting tired of my suitcase."** Jenn Grant

While she's adamant about renting a new home, now's probably the worst time to move. Her new album — the delicate, guitar-driven folk rock Echoes — is sure to impress her fans enough that they'll want to see her as much as possible in 2009.

And when she does hit the road, don't expect any rock star shenanigans from this soft spoken chanteuse. "I enjoy a few drinks, but I have to keep it normal," she says. "This is work. If you want touring to be your life you can't become an alcoholic."

She's also an avid yoga buff, working out every day, including when she's on tour. "When you sing you have to keep yourself strong in the stomach," she explains. "It's awkward to exercise with other people in a hotel room, so I often find myself in stairwells."

Her focused work ethic is one reason Grant has done so well for herself, despite jumping onto Canada's music scene in 2006. Her debut full-length, Orchestra for the Moon, hasn't just won praise from music critics — she also took home CBC's Galaxie Rising Star award last year.

Although Echoes sounds similar to her last disc, it's much less Feist-y and a little more lo-fi than Orchestra. Part of that has to do with where and how she recorded it. The East Coast songwriter spent about three weeks at an isolated Ontario farm, and recorded all her songs live, meaning everyone played together rather than one instrument at a time.

However, working that way meant Grant was singing over and over again, until every instrument was perfect. It was too much for her vocal chords to handle. "I had to take a week off in the middle because my voice got so tired from singing eight hours a day," she says. "So I went to the ocean in P.E.I. and didn't talk for several days."

Luckily, she's back in fine form and ready to tour again. Now, if only she could find someplace to live.

# Retirement not an option for Jones

SZONJA KREZINGER
Metro World News

He still tours the world and just released his last album in November, although he is 68, Tom Jones does not think of retiring at all. We spoke with the singer about his latest CD, 24 Hours.

**Q This is your first album on which you were involved in writing songs. Why did you make this decision after so many years?**

A Because I did not like the songs (that) were sent to me. I searched for songwriters and asked them to write for me and I was also involved in the process.

**Q You recorded two special songs to the album: First is The Road, dedicated to your wife. Did she like it?**

A Yes, a lot! This song was born when a songwriter asked me — as the songs on the album are about my life — if there had ever been a song recorded about my wife. To my surprise (one had) not, although she is an important part of my life. All roads led back to her.

Tom Jones GETTY IMAGES

**Q And the other — Sugar Daddy by Bono and The Edge?**

A The idea of the album was born the same time when the idea of this song was born. I was sitting in a pub in Dublin with Bono and made up my mind about him writing a song for me. Then I told him about my life, and this is how the song was born.

**Q Is it easy to talk to songwriters about your life?**

A They are all professionals, so it was. I knew they would make proper use of all I say. And I talk about myself easily, I have nothing to hide.

**Q There could be no Duffy or Amy Winehouse without Tom Jones. How do you feel when you listen to them?**

A That they do something I could have done in the '60s. One reason to think this is the producers for my current album wanted to work with me to recreate the sixties in music with the opportunities of the 21st century. I couldn't have recorded this album earlier.

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# Healing with Bashir

## Israeli film finds support in 'enemy' territory

**You can't see Waltz with Bashir legally in Lebanon but you can buy copies of the Oscar-nominated Israeli anti-war film in Beirut's Hamra district where director Ari Folman saw his life change 26 years ago.**

"It's one of the greatest films I've ever seen," said Lokman Slim, an activist with Lebanon's UMAM organization which aims to preserve the country's memories of war by screening movies related to its decades of bloodshed.

"I feel jealous that those we should consider our enemies have the courage to revisit events in which they were involved, while we Lebanese are in an endless silence regarding our history," Lokman told Reuters in Beirut.

Waltz with Bashir — the title conveys Israel's alliance with Lebanon's Christian leader at the time, Bashir Gemayel — mixes documentary and animation to depict the trauma of an Israeli invasion 26 years ago to expel Palestinian guerrillas.

The film ends with the massacre of hundreds of Palestinians by Israel's Lebanese Christian allies in the Sabra and Shatila refugee camps of Beirut.

Folman was a 19-year-old conscript at the time. His movie has won a Golden Globe for best foreign language film of 2008 and was nominated last month for an Oscar for best foreign film.

In Lebanon, Waltz is banned under laws that forbid trade with Israel. But there is huge interest, said Monika Borgmann, who acquired a copy from a German distributor and organized a private screening in Beirut in January.

"I invited 30 people but they brought their friends with them and we ended up being around 90," said Borgmann, who heads UMAM. "When the film finished, people were very, very silent and when they went out, some had tears in their eyes."

Not everyone is pleased by how Folman tells the story.

"It only presents part of the truth, not the whole truth. It is as if the director is saying, 'We (Israelis) did not commit this crime, the Phalangists did,'" said Ziad Moussa, a retired teacher in the West Bank city of Ramallah where Waltz with Bashir was screened at the Franco-German cultural centre.

But despite his reservations about Folman's depiction of service in Lebanon as an ordeal that left deep psychological scars, Moussa said the film was a "step in the right direction" to healing the bloody past between Israelis and Palestinians.

REUTERS

The 81st Annual Academy Awards

**"When the film finished ... some had tears in their eyes."**
Monika Borgmann

| VA | Vu | SC | C | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| primetime 2/10/09 | 251 | 308 | 3 CBC | Coronation St. | Jeopardy! (N) | Rick Mercer | 22 Minutes | Wild Roses "Oil and Water" | | CBC News: The National (N) | | (:05) The Hour |
| | 255 | 358 | 6 JOY | E! News | The Insider | The Biggest Loser (N) (CC) | | | | Ruby (CC) | Kimora: Fab | News (N) |
| | 254 | - | 8 M | Two/Half Men | Two/Half Men | Omni News: Mandarin Edition | | News: Cantonese Edition | | Omni News: Punjabi Edition | | Metropia |
| | 250 | 321 | 9 CTV | etalk (CC) | Hollywood | American Idol (N) (CC) | | (:01) Fringe "Ability" (N) (CC) | | Law & Order: SVU | | News (N) |
| | - | - | 10 OMNI | The Daily | Frasier (CC) | Islam 101 (CC) | | Poltergeist: The Legacy | | Scrubs (CC) | The Search | New Day |
| | 252 | 336 | 11 GTV | Entertainment | ET Canada | NCIS "Deliverance" (N) (CC) | | 90210 (N) (CC) | | Project Runway Canada | | News (N) |
| | 256 | 389 | 12 VI | Instant Star | TMZ (N) (CC) | Cold Case (CC) | | Law & Order (CC) | | (:01) Without a Trace (N) | | News (CC) |
| | 253 | 359 | 13 CITY | Law & Order: SVU | | Privileged (N) (CC) | | Scrubs (CC) | Scrubs (CC) | Primetime: What Would | | EP Daily |
| | - | - | 14 CW | Deal-No Deal | Deal-No Deal | 90210 (N) (CC) | | Privileged (N) (CC) | | Seinfeld | Seinfeld | Frasier (CC) |
| | 289 | 381 | 15 CBS | Entertainment | The Insider | NCIS "Deliverance" (N) (CC) | | The Mentalist (N) (CC) | | (:01) Without a Trace (N) | | News (N) |
| | 287 | 379 | 16 NBC | Evening Mag. | Inside Edition | The Biggest Loser (N) (CC) | | | | Law & Order: SVU | | News (N) |
| | 602 | 568 | 19 W | Will & Grace | Friends (CC) | Skinny Celebrity Mums II | | Style by Jury | Style by Jury | How to Look Good Naked | | Maxed Out |
| | 288 | 380 | 21 ABC | Wheel-Fortune | Jeopardy! (N) | Be My Valentine | | Scrubs (N) | Scrubs (N) | Primetime: What Would | | KOMO 4 News |
| | - | - | 23 KVOS | M*A*S*H | Seinfeld | After Hours ★★★ (1985) Griffin Dunne, Rosanna Arquette. | | | | King | Still Standing | Scrubs (CC) |
| | 291 | 383 | 27 PBS | Steves Europe | About-Money | Nova "Judgment Day: Intelligent Design on Trial" | | | | Independent Lens (N) (CC) | | Suze Orman |
| | 290 | 382 | 28 FOX | Two/Half Men | Two/Half Men | American Idol (N) (CC) | | (:01) Fringe "Ability" (N) (CC) | | News (N) (CC) | | Family Guy |
| | - | 364 | 43 PBS | Independent Lens (N) (CC) | | My Hero | Summer Wine | Tavis Smiley | Charlie Rose (N) (CC) | | Nova (CC) (DVS) | |
| | 296 | 654 | 34 SBK | Frasier (CC) | Frasier (CC) | Punk'd (CC) | South Park | Cheers (CC) | Half & Half | The Insider | Entertainment | Bad Hair Days |
| | 298 | 653 | 35 TLA | Two/Half Men | Two/Half Men | 90210 (N) (CC) | | Privileged (N) (CC) | | KTLA Prime News (CC) | | Friends (CC) |
| | 295 | 651 | 36 WGN | WGN News at Nine (N) (CC) | | Family Guy | Two/Half Men | According-Jim | Sex and-City | Friends (CC) | Friends (CC) | My Wife-Kids |
| | 297 | 652 | 37 WPX | PIX News at Ten Tong. (N) | | Two/Half Men | Friends (CC) | Sex and-City | According-Jim | Frasier (CC) | Frasier (CC) | Odd Couple |
| | 199 | 311 | 76 STR | News (N) | News | | Late Show-Letterman | | (:37) The Biggest Loser (N) (CC) | | | Seinfeld |
| news | 502 | 390 | 26 NW | My Son, the Pornographer (N) | | CBC News: The National (N) | | CBC News: The National | | My Son, the Pornographer | | National |
| | 500 | 500 | 33 CNN | Anderson Cooper 360 (CC) | | | | Larry King Live | | Anderson Cooper 360 (CC) | | Cooper 360 |
| sports | 407 | 419 | 22 RSP | NHL Hockey | | Sportsnet | Canucks TV | Best Damn Sports Show | | Sportsnet Connected (Live) | | Sportsnet |
| | 400 | 400 | 30 TSN | SportsCentre | That's Hockey | SportsCentre | In This Corner | Motoring 2009 | Strongman | Winter X Games (CC) | | SportsCentre |
| | 411 | 457 | 49 OLN | Bounty Hunter | Bounty Hunter | Survivorman (CC) | | Mantracker "Mark & Taylor" | | Bounty Hunter | Bounty Hunter | Survivorman |
| | 410 | 403 | 54 SCR | Basketball | Score Tonight | Hardcore Hockey Talk | | Poker 888.com UK Open. | | Final Score | Final Score | Final Score |
| | 417 | 406 | 55 SC | Hot Import | Hot Import | Pinks | Pass Time | Speed Report Special Edition | | Super Bikes! | Super Bikes! | Low Life |
| | 416 | 409 | 144 GLF | Footballers | Legends | Gol TV News | | Hallo Bundesliga | | Paid Program | Art of Football | Gol TV News |
| family | 552 | 543 | 25 YTV | Adrenaline | Prank Patrol | Malcolm-Mid. | Futurama | Prank Patrol | Prank Patrol | Falcon Beach (CC) (DVS) | | Mystery Hnt. |
| | 555 | 545 | 50 TEL | Totally Spies | Total Drama | 6TEEN | 6TEEN | Futurama | American Dad | Chicken | American Dad | Moral Orel |
| | 557 | 541 | 51 FAM | Wizards-Place | Han. Montana | Zack & Cody | Latest Buzz | Wizards-Place | Life Derek | Ned's School | Cory in House | Zack & Cody |
| | 553 | 546 | 53 TRE | Comfy Couch | Rolie Polie | Max & Ruby | Babar (CC) | Backyard | Dora-Explorer | Go, Diego, Go! | Franklin | Comfy Couch |
| cable variety | 268 | 354 | 5 KNO | Gardens | Recreating Eden Geoff Cape and Evergreen. | | | The Choir "Boys Don't Sing" | | Carny ★★★ (2008) Premiere. | | Documentary |
| | 575 | 583 | 20 CMT | Hope & Faith | Hope & Faith | Three Wishes (CC) | | Home Imp. | Home Imp. | Reba (CC) | Reba (CC) | Hope & Faith |
| | 570 | 580 | 24 MM | Degrassi: TNG | Instant Star | The Shift | | Pimp My Ride | Pimp My Ride | Technical Diff. | Video on Trial | Video on Trial |
| | 600 | 564 | 29 H&G | Colin & Justin's Home Heist | | Holmes on Homes (CC) | | Sarah's House | Design Inc. | Pure Design | Style | Colin-Justin |
| | 615 | 520 | 31 A&E | Manhunters | Manhunters | The Beast "Infected" (CC) | | The First 48 (CC) | | The First 48 (CC) | | Manhunters |
| | 628 | 584 | 32 SPKE | DEA (Season Premiere) (N) | | Real Vice | Real Vice | DEA | | Real Vice | Real Vice | Videos |
| | 521 | 560 | 34 TLC | Toddlers & Tiaras (N) (CC) | | 17 Kids-Count | 17 Kids-Count | A Very Duggar Wedding | | Toddlers & Tiaras (CC) | | Smart People |
| | 616 | 522 | 39 SHO | The Outer Limits "Stasis" | | Mutant X "Kilohertz" (CC) | | Testees (CC) | Trailer Park | The L Word "LMFAO" (N) | | House (CC) |
| | 620 | 523 | 40 BVO | Johnny Cash: Man in Black | | Law & Order "Access Nation" | | Without a Trace (CC) | | Shower ★★★ (1999, Drama) Zhu Xu. (CC) | | |
| | 601 | 562 | 41 SLC | End of Leash | End of Leash | ET Canada | Matchmaker | Date My Ex: Jo & Slade | | Trading Spouses | | Biggest Loser |
| | 520 | 505 | 42 DIS | Toughest Race: Iditarod | | Daily Planet (CC) | | Destroyed | Time Warp | Toughest Race: Iditarod | | How It's Made |
| | 522 | 506 | 44 HIS | NCIS "Angel of Death" (CC) | | Ultimate Engineering (CC) | | Ax Men (CC) | | NCIS "Angel of Death" (CC) | | Re-Inventors |
| | 627 | 528 | 45 SPC | Destination Truth (N) (CC) | | Stargate SG-1 "Pretense" | | Star Trek: Next Gener. | | Star Trek: Voyager (CC) | | Star Trek: Ent. |
| | 294 | 650 | 47 TBS | The Office | The Office | 10 Items-Less | Sex and-City | Sex and-City | Seinfeld | Seinfeld | Seinfeld | 10 Items-Less |
| | 619 | 525 | 48 TROP | Planet Soap | Big Screen | Family Guy | Seinfeld | Seinfeld | Raymond | Family Guy | Married... With | Seinfeld |
| | 603 | 561 | 52 FN | Good Eats | Good Eats | Iron Chef America (CC) | | Challenge (CC) | | The F Word | | Good Eats |
| | 626 | 547 | 57 COM | Air Farce | Just for Laughs (CC) | | Corner Gas | The Simpsons | South Park | S. Silverman | Flt.-Conchords | Daily Show |
| | 320 | 621 | 60 CEN | (6:00) Silk ★ (2007) (CC) | | Reverse Angle (2009) Emmanuelle Vaugier. | | | Gabriel ★★ (2007) Andy Whitfield, Dwaine Stevenson. (CC) | | | |
| | 581 | 566 | 101 MTV | From G's to Gents Sixteen G's arrive. (CC) | | | After | Cribs Teen Rooms Special | | From G's to Gents Sixteen G's arrive. (CC) | | |
| | 261 | 394 | 102 V | I Prophesy | Supernatural | Poltergeist: The Legacy | | The Ghost and Mrs. Muir ★★★ (1947) Gene Tierney. (CC) | | | | Paid Program |
| | - | - | 109 MUL | Matchmaker | Mom's-Upset | Il Caffe | | In Germany | Euromaxx | Schauplatz | Euro. Journal | Patrol World |

## critics' corner

**NCIS**
If we've said it once, we've said it a million times: Don't get yourself wrapped up in an inner-city gang war when you're investigating the death of a Marine. But that's just what the members of the NCIS team do. Why? Because they don't listen to us. Making matters worse, Gibbs (Mark Harmon) must face down demons from his past when he finds a cryptic message waiting for him at the crime scene. Muse Watson guest stars. 5 PM on STR, 8 PM on CBS, GTV

**Manhunters: Fugitive Task Force**
Detective Roxanne Lopez organizes a tactical strike involving more than 100 U.S. marshals and local law enforcement officers in an attempt to capture 65 fugitives who have been charged with serious crimes such as armed robbery, gun selling and drug dealing. The stakes are high as Roxy sends the Task Force teams out to arrest the fugitives in predawn raids before the targets can alert one another and slip away. 7 PM on A&E

## SAG labour talks resume next week

**UNION** The board of the largest U.S. actors union Sunday reconfirmed the recent ouster of their chief negotiator in long-stalled labour contract talks with Hollywood's major studios, said a source with knowledge of the decision. Citing unnamed sources, showbusiness newspapers The Hollywood Reporter and Daily Variety said talks could restart as soon as Feb. 17. REUTERS

GlobalStyle
Kenya Hunt

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# he's just *not* that into you

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**Committed father**

Guy Ritchie is committed to staying close to his kids after his divorce from Madonna. So committed, in fact, that he's reportedly moving to New York City, where Madonna and children have taken up residence. METRO NEWS SERVICES

# Celebrity Buzz

## Posh gets an early V-Day

**ROMANCE** David Beckham flew into London for 24 hours to give wife Victoria an early Valentine's Day treat, femalefirst.co.uk reports. The soccer star travelled from Milan on Saturday night, booked a room at exclusive hotel Claridges and showered Posh with expensive flowers and chocolates. Earlier that night Victoria had been spotted dining alone at Locanda Locatelli restaurant.

A source said: "It was the only chance they had to meet up in their hectic schedules." David, 33, then jetted off late Sunday to meet up with the England soccer squad in Spain. METRO NEWS SERVICES

## Affleck still hoping for a son

**FAMILY** Ben Affleck wants to have a son, femalefirst.co.uk reports. The actor — whose wife Jennifer Garner gave birth to second daughter Seraphina Rose last month — is keen to keep expanding his brood until they have a boy. A source close to Ben — who also has three-year-old daughter Violet with Jennifer — said: "Ben's happy to keep going until he gets his boy.

"He has visions of dressing a little guy in Boston Red Sox gear, tossing a baseball around and cheering in the stands together." METRO NEWS SERVICES

## Is Jessica Simpson preggers?

**RUMOURS** The real reason for Jessica Simpson's recent weight gain may just be that she has a bun in the oven. "She hasn't been packing on the pounds because she's overeating," a source tells the Daily Mail.

"The big rumour from her inner circle is that a baby could be the reason she's carrying some added weight." Simpson is dating Dallas Cowboys quarterback Tony Romo. "Those closest to them almost certainly know the truth but they will have been sworn to secrecy," METRO NEWS SERVICES

# Further charges could follow in Brown arrest

**ATTACK** Singer Chris Brown was arrested and charged with making criminal threats Sunday in Los Angeles for an early morning attack on an unidentified woman widely thought to be his girlfriend, pop star Rihanna.

Los Angeles police would not confirm the name of the victim, but both Brown and Rihanna missed their performances at Sunday's Grammy Awards, and several media outlets speculated that Rihanna was the unidentified woman.

Brown, 19, was scheduled to perform his love song Forever at the music awards ceremony in Los Angeles Sunday evening, and Rihanna was set to sing her hit single Disturbia.

Neither Rihanna, who was nominated in three categories, nor Brown, who was nominated twice, walked the red carpet, and they were not in attendance for the awards ceremony. Their representatives could not be reached for comment.

As the show was getting underway, Brown turned himself in for questioning by police. Later, he was booked on a charge of making criminal threats and released on $50,000 US bail, according to a Los Angeles Police Department statement.

Brown was being investigated for alleged domestic violence felony battery, and additional charges could be filed after officials review the case, the LAPD said in its statement.

Rihanna cancelled her performance shortly before the Grammys started, the National Academy of Recording Arts and Sciences said, "We have just been informed that Rihanna will not be attending tonight's 51st Annual Grammy Awards. We're sorry she is unable to join us." There was no further explanation for her absence.

Soul legend Al Green performed alongside pop star Justin Timberlake in Rihanna's place.

Grammy officials made no mention of Brown's performance but he did not appear on stage as scheduled.

Police said Brown got into an argument with an unidentified woman while sitting in a parked car in the city's Hancock Park neighbourhood at around 12:30 a.m. Sunday.

"After stopping his car, Brown and the woman got out and the argument escalated," the police said. "The woman suffered visible injuries and identified Brown as her attacker."

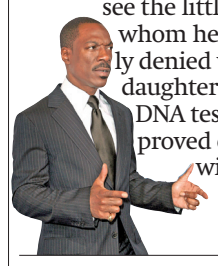
Police received a 911 call reporting the disturbance and according to the statement, when officers arrived they found the victim, but Brown had already left the scene.

Brown, who broke onto the Billboard charts at the age of 16 with his hit single Run It and sold two million copies of his self-titled debut album, also scored a pair of hits on his sophomore effort, Exclusive, in 2007. REUTERS

GETTY IMAGES PHOTOS

## Murphy and Scary end support battle

**FAMILY** Eddie Murphy's child support battle with Melanie (Scary Spice) Brown has come to an end, with Murphy now required to pay $50,000 US a month for 22-month-old Angel Iris until the girl is 18, according to the Telegraph. Murphy also agreed to finally see the little girl, whom he originally denied was his daughter until DNA tests proved otherwise. METRO NEWS SERVICES



## Jen throws herself a 40th birthday party

**EVENTS** Jennifer Aniston celebrated a landmark birthday a few days early. The Friends star, who turns 40 tomorrow, threw a lavish party at her Beverly Hills mansion on the weekend, reports Exposay.com. Guests included Courteney Cox, Tom Hanks, Oprah Winfrey and Jen's boyfriend, John Mayer. METRO NEWS SERVICES

## Elton's not amused with David Spade

**RUN-INS** Not everyone finds David Spade funny. The comedian was having dinner with Courteney Cox in Los Angeles at the same restaurant as Elton John and his husband, David Furnish, according to Page Six. When John seated some of his bodyguards at a table next to Spade and Cox, Spade joked, "I hope he's picking up my cheque, too!" According to an eyewitness, "Everyone laughed but Elton." METRO NEWS SERVICES

## Kate's been visiting Owen

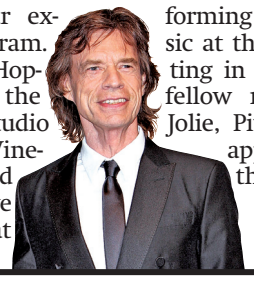
**ROMANCE** Kate Hudson has sparked romance rumours after visiting Owen Wilson "religiously," femalefirst.co.uk reports. Hudson, who has dated the actor on and off since 2006, has been spotted at Wilson's Malibu home several times in the past two weeks.

A source told x17 Online: "Kate has been coming to the house religiously. She is here at least a couple times a week and she has been sunbathing in the back yard, hanging out by the swimming pool." METRO NEWS SERVICES

# Mick cracks up BAFTA-goers

**AWARDS** Mick Jagger delivered the top prize — to the evening's big winner, Slumdog Millionaire — and the best line of the evening, at Sunday's 2009 British Academy Film Awards, people.com reports.

Explaining what he was doing at a movie event the same night as the Grammys, the Rolling Stone said he was part of a rock star-movie star exchange program. "Sir Anthony Hopkins is in the recording studio with Amy Winehouse," joked Jagger, "And we are hoping that next week Sir Brad and all the Pitt family will be performing The Sound of Music at the Brit awards." Sitting in the audience with fellow nominee Angelina Jolie, Pitt cracked up and applauded along with the rest of the crowd. METRO NEWS SERVICES



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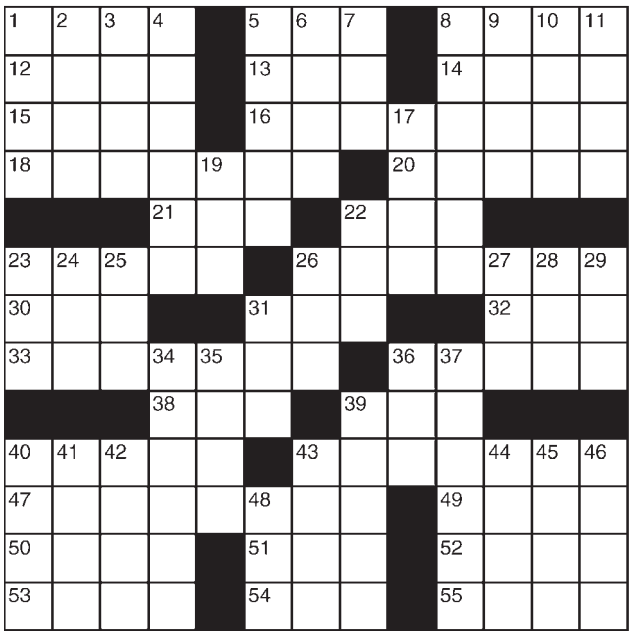
# Take Five



## Sudoku

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 6 | | 8 | 5 | | | |
| | | 5 | 4 | | | 3 | | |
| | | | 9 | | | | 2 | 8 |
| | | 2 | 8 | | | 9 | | 5 |
| | 1 | | | | | | 4 | |
| 3 | | 7 | | | 4 | 2 | | |
| 4 | 6 | | | | 9 | | | |
| | | 3 | | | 1 | 8 | | |
| | | | 2 | 7 | | 6 | | |

## Crossword across

1 GIs' dinner
5 Watch chain
8 Magician's stick
12 Wheel holder
13 Spring mo.
14 Sheltered
15 "Once — a time"
16 Raze
18 Inside information
20 That is (Lat.)
21 Historic time
22 Enemy
23 Ringo or Brenda
26 Insult
30 "Alley —"
31 Scull tool
32 Zodiac feline
33 Disappointment
36 Passenger
38 Puncturing implement
39 Hamburger holder
40 Talia of "Rocky"
43 Twilight start
47 Confinement measure
49 Canal zone
50 Reed instrument
51 Coq au —
52 Slithery swimmers
53 Former German capital
54 Rocker Winehouse
55 Foolish one

## Crossword down

1 Handle roughly
2 Big fair
3 Decelerate
4 "Return to —"
5 Islamic decree
6 Admitting customers
7 Support system?
8 Rolled up into a ball
9 Lotion additive
10 11 p.m. telecast
11 Fender bender result
17 Laugh-a-minute
19 Bobby of hockey
22 Bear hair
23 Fa follower
24 Pirouette pivot
25 Suitable
26 Skillet
27 Antiquated
28 Teensy
29 Neither mate
31 Harry Potter's Hedwig, e.g.
34 Dim the lights
35 Still unpaid
36 Skedaddle
37 "Absolutely"
39 Easter symbol
40 Unkempt one
41 Vagrant
42 PC picture
43 Take to the lake
44 Sandwich cookie
45 Executor's document
46 Birds' home
48 Eggs

**PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
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| 7 | 1 | 6 | 2 | 8 | 5 | 4 | 9 | 3 |
| 2 | 4 | 9 | 7 | 3 | 1 | 8 | 6 | 5 |
| 8 | 9 | 3 | 4 | 6 | 7 | 5 | 2 | 1 |
| 1 | 5 | 7 | 3 | 2 | 8 | 6 | 4 | 9 |
| 4 | 6 | 2 | 1 | 5 | 9 | 3 | 8 | 7 |

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**SUDOKU SOLVE TIME:**
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

## Metro Recipe of the Day

### Sauerkraut and Cider Pork

**INGREDIENTS:**
Nonstick cooking spray
6 pork loin chops with bones, 3/4 in. (2 cm) thick and trimmed
1 lb (500 g) sauerkraut, drained and rinsed
1 large yellow onion, sliced
1 cup shredded carrot
1/2 cup (125 ml) apple cider or apple juice
1 tbsp (15 ml) firmly packed light brown sugar
1/2 tsp (2 ml) dried rosemary leaves
1/4 tsp (1 ml) ground ginger
1/4 tsp (1 ml) black pepper

**METHOD:**
1 Coat 10-in. (25-cm) nonstick skillet with cooking spray. Heat skillet over moderate heat. Add 3 pork chops and cook 3 minutes per side or until browned. Remove chops. Repeat with remaining chops.
2 Add sauerkraut, onion, carrot, apple cider, brown sugar, rosemary, ginger and pepper to skillet; stir until mixed.
3 Place chops on top of sauerkraut mixture. Bring to boil. Lower heat and simmer, covered, 5 to 6 minutes or until chops are no longer pink inside.

**SERVES 6**

**rd.ca**
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

## Horoscopes

AVATAR VENUS

**ARIES**
**MARCH 21-APRIL 20**
You are expected to set a better example to others. A sweet woman will remain loyal and true-hearted. Damaged goods will give you no joy.

**TAURUS**
**APRIL 21-MAY 21**
Meet and greet the people who are in charge. A flirtation has an emotional impact. You'll feel a sense of urgency to visit a friend.

**GEMINI**
**MAY 22-JUNE 21**
A bully seeks a chink in your armour. A gracious person admits that you were right. Have your skills assessed before a training program.

**CANCER**
**JUNE 22-JULY 22**
Last minute details crop up and cause fury. You'll need help in your search for intelligent life. Talking of family causes an argumentative night.

**LEO**
**JULY 23-AUG 23**
A blast from the past stops you in your tracks. Don't risk a battle of the bulge. Somebody's temper-tantrums could damage their reputation.

**VIRGO**
**AUG 24-SEPT 22**
Using diplomacy in a debate will calm the waters. The end of a project brings sadness and relief. Watch out for hidden pitfalls in a relationship.

**LIBRA**
**SEPT 23-OCT 23**
A wonderful man makes you laugh. Trivial problems with a casual romance cause dismay. Those who fight comfort are merely afraid.

**SCORPIO**
**OCT 24-NOV 22**
A foolish affectation will be boring. A control freak's conceit will infuriate you. A situation becomes serious and you'll make decisions.

**SAGITTARIUS**
**NOV 23-DEC 21**
All eyes will be on you if you horse around. You have much to say about love. Indisputable information is revealed by a blasé person.

**CAPRICORN**
**DEC 22-JAN 20**
A stubborn stranger provokes insights. Reflections of the past will echo into your future. Go all the way when presenting ideas to a group.

**AQUARIUS**
**JAN 21-FEB 18**
Your work pays off in pleasing ways. The news creates an atmosphere of uncertainty. When you're in doubt, ask for more information.

**PISCES**
**FEB 19-MARCH 20**
Get busy doing the things you want to do. An apology changes your attitude. Someone's fragile ego will need some pampering.

## WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Actor Asner took in a book (1)
2. A half dozen rubes (1)
3. Frighten a grizzly (1)
4. Rocker Jett's reactions to puns (1)
5. Evasive Alamo or Avis competitor (2)
6. TV station discussion group (2)
7. One-on-one gym coach's sieves (2)

ANSWERS
1. ED READ 2. SIX HICKS 3. SCARE BEAR 4. JOANS GROANS 5. SHIFTY THRIFTY 6. CHANNEL PANEL 7. TRAINERS STRAINERS

2-10-09

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